



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 2

WEEK OF NOVEMBER 14-18



| TIMES | MONDAY 11/14 | TUESDAY 11/15 | WEDNESDAY 11/16 | THURSDAY 11/17 | FRIDAY 11/18 |
|-----------|---|---|---|--|---|
| 7:30 | Choice play activities 7:00AM-9:00AM Marsh Creek Superheros! | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | Snack | Snack | Snack | Snack | Snack |
| 9:30 | Open Assembly Superhero Quiz | Open Assembly M&M Talk | Open Assembly Superman muscles | Open Assembly X-Ray Vision | Open Assembly Blind Guidance |
| 10:00 | Outside: Bean Bag Attack | Cooking Project: Superhero chocolate delight | Nature: Super Animals | Music: Make up your own superhero song | Outside: Joker's Stone Face Challenge |
| 10:30 | | | | | |
| 11:00 | Gym games: Spider Ball The Web | Lunch | Gym games: Superman Tag Kryptonite Hot Potato | Lunch | Gym games: |
| 11:30 | | Pick up at 11:30 | | Pick up at 11:30 | Super-Duper obstacle course |
| 12:00 | | | | | |
| 12:30 | Lunch | Adventure Landing 12:00 to 2:00 | Lunch | Museum of Natural Science 12:00 to 2:00 | Lunch |
| 1:00 | Quiet time Zip, Zap Zoom | | Quiet time Where am I? | | Movie Hercules |
| 1:30 | | Depart at 2:00 Money optional | | Pick up at 2:00 Money optional | Popcorn & Drinks |
| 2:00 | Art project: Puppet Super hero's | | Art project: Power Portraits | | |
| 2:30 | | Quiet time | | Quiet time | |
| 3:00 | Gym games: Catch the Villain | Gym games: Phone Booth Dress up Relay | Gym games: Kryptonite Disposer Race | Gym games: Shipwreck | Gym games: Human Foosball |
| 3:30 | | | | | |
| 4:00 | Snack | Snack | Snack | Snack | Snack |
| 4:30-6:30 | Choice play activities | | | | |



Fieldtrip



Special Program/Movie



Art/Cooking Project



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 2 WEEK OF NOVEMBER 21-25



| TIMES | MONDAY 11/21 | TUESDAY 11/22 | WEDNESDAY11/23 | THURSDAY 11/24 | FRIDAY 11/25 |
|-----------|--|--|---|--|--|
| 7:30 | Choice play activities 7:00AM-9:00AM Marsh Creek Superheros! | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | Snack | Pick up at 8:45 Hillridge Farms 9:30 to 11:30 Depart at 11:30 Money for gift shop is optional Wear comfortable clothing | Snack | Holiday Track out Closed Holiday Track out Closed Happy Thanksgiving | Holiday Track out Closed Holiday Track out Closed Happy Thanksgiving |
| 9:30 | Open Assembly Heads or Tails | | Open Assembly Coin Rugby | | |
| 10:00 | Outside activities: Name-It Ball | | Nature (Outside) Super explosion | | |
| 10:30 | | | | | |
| 11:00 | Gym games: | | | | |
| 11:30 | Human Pacman Elves, giants & wizards | | Pick up at 11:30 | | |
| 12:00 | | | AMF Bowling 12:00-2:00 | | |
| 12:30 | Lunch | | Depart at 2:00 Money is optional for snack bar. | | |
| 1:00 | Quiet time | | | | |
| 1:30 | Two Truths and a lie | | | | |
| 2:00 | Art Project: Magic Color Mask | Gym games: Battleships | | Track out Closed | Track out Closed |
| 2:30 | | | | | |
| 3:00 | Outside activity: Sidewalk Chalk | Clinic: Counselor Hero | Outside activity: Glow stick relay | Happy Thanksgiving | Happy Thanksgiving |
| 3:30 | | | | | |
| 4:00 | Snack | Snack | Snack | | |
| 4:30-6:30 | Choice play activities | | | | |



Fieldtrip



Special Program/Movie



Art/Cooking Project



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 2

WEEK OF NOVEMBER 28-DECEMBER 2



| TIMES | MONDAY 11/28 | TUESDAY 11/29 | WEDNESDAY 11/30 | THURSDAY 12/1 | FRIDAY 12/2 |
|-----------|--|--|-------------------------------------|---|--|
| 7:30 | Choice play activities 7:00AM-9:00AM Marsh Creek Superheros! | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | Snack | Snack | Snack | Snack | Snack |
| 9:30 | Open Assembly Building Challenge | Open Assembly Twister challenge | Open Assembly Count off | Open Assembly Human Letter | Open Assembly What do you think? |
| 10:00 | Outside activities: Prule | Cooking Project: Super smelling | Art project: Sticker Photo Frame | Music: Military Hero's | |
| 10:30 | | | | | |
| 11:00 | Group 1 Lunch | Gym games: | Lunch | Gym games: | Gym games: |
| 11:30 | Group 1 pick up 11:30 | Stuck in the mud Fire on the mountain | Pick up at 11:30 | Cats in the corner Double circles | Hula Hoop freeze tag Capture the flag |
| 12:00 | | | | | |
| 12:30 | Bisque Art 12:00 to 1:00 | Lunch (Outside) | BigEBounce 12:00 to 2:00 | Lunch | Lunch |
| 1:00 | | Quiet time People to People | | Depart at 2:00 | Quiet time Mum Ball |
| 1:30 | Group 2 pick up 12:30 | Nature: (Outside) | Money is optional for snack bar. | Outside activities: Spud Spot the Lion Play on the playground | |
| 2:00 | | | | | |
| 2:30 | Bisque Art 1:00 to 2:00 | Visit with the fire truck | | | |
| 3:00 | Gym games: Pirates Treasure | Gym games: Relay Races | Gym games: Satellite | Outside activities: Straddle Ball | Outside activities: Jump rope games |
| 3:30 | | | | | |
| 4:00 | Snack | Snack | Snack | Snack | Snack |
| 4:30-6:30 | Choice play activities | | | | |



Fieldtrip



Special Program/Movie



Art/Cooking Project

Marsh Creek Track Out

Track 2– Week 1



Welcome back track 2 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have new counselors that are with us, Melissa, Josh, Will, and Seth.

Participants need to either wear or bring tennis shoes everyday to camp! We want your child to be safe when participating in activities.

Field Trips and More!

Adventure Landing – Children will have fun playing video games, miniature Golf and Laser tag. We will provide tokens however, extra money for snacks or more tokens is optional.

3311 Capital Blvd., Raleigh, NC 27604

Museum of Natural Science– We will explore the museum exhibits, visit the animal habitats and more! Please know that your child will be doing a lot of walking so comfortable shoes is necessary.

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 healthy snacks and a lunch with your child each day.

Don't forget to pick up your child you will need to show your "Blue" security tag.

We do have a short quiet time at track out. During this time please have your child bring a book for 10 minute reading. They can bring a blanket to rest on as well.



Jacque Allen Director, 919-996-4920

Marsh Creek Track Out

Track 2– Week 2



Welcome back track 2 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have new counselors that are with us, Melissa, Josh, Will, and Seth.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

AMF Bowling– Please make sure your child has socks. Snack bar is available and is optional. The address is: 5501 Commercial Avenue, Raleigh NC 27612 (919) 783-0080

Hillridge Farms – Participants will have the opportunity to visit many attractions at Hillridge Farms including a hay ride, giant slide, gem panning, fish pond, farm animal corral and more! Additional money for the gift shop is optional. We will be outside for most of our trip. Please bring plenty of water to drink. **703 Tarboro Rd, Youngsville, NC**

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.
- If there is anything special we need to know about your child, please let know.

We are off on Thursday and Friday, Happy Thanksgiving!!

Please remember to send 2 healthy snacks and a lunch with your child each day.

Don't forget to pick up your child you will need to show your "Blue" security tag.

We do have a short quiet time at track out. During this time please have your child bring a book for 10 minute reading. They can bring a blanket to rest on as well.



Jacque Allen Director, 919-996-4920

Marsh Creek Track Out

Track 2– Week 3



Welcome back track 2 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have new counselors that are with us, Melissa, Josh, Will, and Seth.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

BigEBounce- Participants will enjoy inflatable rides AND seven big screen Wii systems all in one place! Socks are required to play on the inflatable rides. **1006 SW Maynard Road, Cary, NC 27511.**

Bisque Art – Participants will use their imagination and creativity at Bisque Art to paint their very own ceramic piece. We will first choose our shape and colors, and then we'll be ready to paint! Ceramics will be held at the store for firing and will be returned to our Track Out site on Friday for pick up upon your child's departure. **7440 Six Forks Rd, Raleigh, NC 27615**

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 healthy snacks and a lunch with your child each day.

Don't forget to pick up your child you will need to show your "Blue" security tag.

We do have a short quiet time at track out. During this time please have your child bring a book for 10 minute reading. They can bring a blanket to rest on as well.



Jacque Allen Director, 919-996-4920